

Student: _____

1. A group of registered dietitians is planning to conduct a scientific study to investigate the effects of eating honey on school-age children's behavior. At first, the researchers will
 - A. Analyze the hypothesis
 - B. Make observations
 - C. Identify relationships between variables
 - D. Gather data

2. A group of scientists conducts a scientific study to investigate dietary factors that influence the development of obesity. Which of the following activities is not likely to be a component of their research efforts?
 - A. Making observations and formulating a hypothesis
 - B. Submitting an article describing the study to a peer-reviewed journal
 - C. Posting findings at the main researcher's Internet web site
 - D. Collecting data and analyzing results

3. Researchers at a major American university plan a scientific study to investigate lifestyle factors that contribute to heart disease. Which of the following activities is likely to be a component of their research efforts?
 - A. Obtaining FDA and FTC approval to conduct research on human subjects
 - B. Submitting an article describing the study to a peer-reviewed journal
 - C. Posting significant findings at the main researcher's Internet web site
 - D. None of the choices

4. Scientists enroll 500 healthy adults in a study and collect dietary and other lifestyle information about the group. After 6 years, the scientists determine that study participants who ate at least 5 servings of fruits and vegetables daily were less likely to develop high blood pressure than participants who ate fewer than 5 servings of these foods daily. This study is an example of a(n) ____ study.
 - A. Prospective
 - B. Nutritive
 - C. Retrospective
 - D. Introspective

5. Over a 2-year period, a scientist records the eating behaviors and physical activity patterns of a group of 8-year-old children to determine whether these factors are associated with weight gain. This study is an example of a(n) ____ study.
 - A. Case-control
 - B. Retrospective
 - C. Prospective
 - D. In-vitro

6. A group of nutrition researchers interviews 100 adults who have chronic high blood pressure to determine whether there is an association between consuming diets low in calcium during adolescence and developing high blood pressure in adulthood. This study is an example of a ____ study.
 - A. Case-control
 - B. Retrospective
 - C. Prospective
 - D. Macrosomatic

7. A group of nutrition researchers interviews 350 young adults who have eating disorders to determine whether there is an association between having extremely stressful experiences during preschool years and developing eating disorders during adolescence. This study is an example of a(n) ____ study.
 - A. Case-control
 - B. Experimental
 - C. In-vitro
 - D. Retrospective
8. Scientists who investigate lifestyle factors that influence the prevalence of obesity among different population groups are conducting a(n) ____ study.
 - A. Epidemiological
 - B. Technological
 - C. Pathological
 - D. In-vitro
9. Comparing the dietary practices of individuals who have diabetes to those of individuals who match their characteristics but are healthy is an example of a(n) ____ study.
 - A. Anecdotal
 - B. Prospective
 - C. Case-control
 - D. In-vitro
10. Researchers compare the dietary practices of 100 individuals who have high blood cholesterol levels to those of 100 individuals who match their characteristics but have normal blood cholesterol levels. This study is an example of a(n) ____ study.
 - A. Prospective
 - B. Case-control
 - C. Anecdotal
 - D. In-vitro
11. Generally, epidemiological studies
 - A. Establish causation
 - B. Prove correlations
 - C. Cannot determine cause-and-effect relationships
 - D. Involve in-vitro experimentation
12. Scientists analyzed the results of a study that examined the effects of eating low-, moderate- and high-fat diets on health. According to the study's findings, diets high in a certain type of fat increased subjects' chances of developing heart disease. This diet is a ____ for the disease.
 - A. Hypothesis
 - B. Case study
 - C. Modulator
 - D. Risk factor
13. Scientists analyzed the results of a study that examined the effects of eating low-, moderate-, and high-salt diets on health. According to the study's findings, high-salt diets are associated with increased chances of developing heart disease. This diet is a ____ for the disease.
 - A. Hypothesis
 - B. Risk factor
 - C. Modulator
 - D. Case control
14. Zack takes 500 mg of vitamin C daily. He advises his friends to take vitamin C supplements because, he claims, the vitamin protects him from cold viruses. His claim is an
 - A. Experimental risk factor
 - B. Anecdote
 - C. Introspection
 - D. Evidential hypothesis

15. Emily has brittle fingernails that crack and split easily. Emily's mother advises her daughter to take gelatin pills 3 times/day, because she has heard the practice strengthens fingernails. The mother's nutrition-related advice is an example of a(n)
- A. Anecdote
 - B. Double-blind study
 - C. Uncontrolled experiment
 - D. Placebo
16. Having a control group enables researchers to
- A. Provide specific treatments to participants of the group
 - B. Compare findings of the control group with those of the experimental group
 - C. Avoid using harmful interventions when testing control subjects' responses
 - D. None of the choices
17. Phil is a participant in a study designed to examine the effects of taking a dietary supplement on muscle tissue development. Phil suspects he is in the experimental group, because he is certain his muscles are bigger and stronger as a result of taking the product supplied by the researchers. When the study is completed, Phil learns that he did not receive the dietary supplement. Phil thinks the researchers made a mistake—he is certain his muscle mass increased while he took the supplement. His response to the fake "supplement" is a(n)
- A. Experimental denial
 - B. Testimonial impact
 - C. Unequivocal bias
 - D. Placebo effect
18. The host of a radio program makes a "red flag" claim about a nutrition-related product because the claim is generally an indication that the information about the product is unreliable. The radio program host said,
- A. "According to the FDA, this product is a dietary supplement."
 - B. "All ingredients in this product have been scientifically tested."
 - C. "This product contains sugar and certain artificial color and flavor additives."
 - D. "The ingredients in this product are listed on the label."
19. A newspaper article in the newspaper reports that drinking two cups of green tea daily reduces the risk of memory loss in older adults. The researchers who conducted the study are employees of a company that packages green tea for sale in the United States. If the scientists' findings were influenced by their personal attitudes, consumers should be wary of the reliability of the findings because of the likelihood of
- A. Research bias
 - B. Placebo effect
 - C. Wishful thinking
 - D. Statistical error
20. Bonita is a biochemist for a manufacturer that uses tomato seed extract to make a dietary supplement. According to the results of her research, people who take the dietary supplements do not report a reduction in the number of upper respiratory tract infections they experience, including the common cold. However, Bonita's boss does not encourage her to publish the findings in scientific literature. The boss's lack of enthusiasm for spreading the news about Bonita's research is an example of research
- A. Denial
 - B. Whistleblowing
 - C. Bias
 - D. None of the choices

21. Which of the following observations is an example of an inverse correlation?
- A. When members of a population increase their consumption of milk and milk products, their risk of bone fractures decreases
 - B. As children increase their physical activity level, they are more likely to develop greater muscle mass than children who are less active
 - C. When pregnant women gain more weight than average, they are more likely to give birth to babies who are heavier than average
 - D. None of the choices are correct
22. Which of the following observations is an example of a positive correlation?
- A. When members of a population consume fewer fruits and vegetables, their risk of high blood pressure increases
 - B. Children who obtain more physical activity tend to have fewer infections more muscle mass than less physically active children
 - C. When pregnant women gain less weight than average, they are more likely to give birth to babies who are lighter than average
 - D. None of the choices are correct
23. Scientists study 200 adults who have type 2 diabetes and 200 adults who have similar characteristics but do not have the disease. For 18 months, the researchers collect lifestyle information on all the study participants. According to the study's findings, the adults with type 2 diabetes were 25% less physically active than their counterparts who did not have type 2 diabetes. This is an example of a(n) _____ study.
- A. Inverse relationship
 - B. Anecdotal
 - C. Case-control
 - D. Prospective
24. A group of scientists suspects certain dietary practices are partially responsible for different rates of hypertension among different populations. To test their hypothesis, the researchers examine data concerning the different population groups' hypertension rates and their past dietary practices. This research is a(n) _____ study.
- A. Retrospective
 - B. Case-control
 - C. Prospective
 - D. Hypothetical
25. Scientists conduct a study in which 100 adults with chronic diarrhea are divided into 2 groups of 50 people. One group is given a supply of yogurt that contains a certain kind of bacteria and the other group is given yogurt that is bacteria free. The study's participants and researchers do not know which group of subjects has the bacteria in the yogurt and which group does not. The scientists instruct the participants to eat the entire 8 ounces of yogurt once a day for a month and record their bowel habits. This is an example of a(n) _____ study.
- A. Epidemiological
 - B. Double-blind
 - C. Uncontrolled
 - D. Hypothetical
26. A group of researchers wants to determine whether certain dietary factors are associated with the risk of attention deficit hyperactivity disorder (ADHD). The scientists follow a group of 500 healthy newborn babies for 10 years and collect health information as well as dietary practices for each child. At the end of the study period, the scientists analyze the data for correlations between the children's dietary practices and their likelihood of being diagnosed with ADHD. This is an example of a _____ study.
- A. Prospective
 - B. Factorial
 - C. Retrospective
 - D. Hypothetical

27. Scientists are conducting research to determine the effects of an herbal supplement on the emotional health of 100 adults. The researchers give 50 subjects pills that contain the herb. The remaining subjects receive pills that look, smell, and taste like the herbal pills but contain no active ingredients. Neither the researchers nor the subjects know whether their pills contain the herb. This is an example of a(n) _____ study.
- A. Epidemiological
 - B. Double-blind
 - C. Case-controlled
 - D. None of the choices
28. Researchers are conducting a study to determine the effects of vitamin C on the human immune system. The study involves providing pills that contain vitamin C to one group of human subjects and pills that do not contain vitamin C or other active ingredients to another group of people. The pills that do not contain the vitamin are
- A. Antidotes
 - B. Supplements
 - C. Placebos
 - D. Probiotics
29. Researchers are conducting a study to determine the effects of zinc supplements on the human immune system. The study involves providing pills that contain zinc to one group of human subjects and pills that do not contain zinc or other active ingredients to another group of people. The pills that do not contain zinc are
- A. Probiotics
 - B. Supplements
 - C. Antidotes
 - D. Placebos
30. Which of the following statements is true?
- A. In the United States, scientists can conduct studies on humans without telling the participants about the risks involved in the research
 - B. Before scientists begin their research, they develop a hypothesis to guide their study
 - C. A study that examines the effects of consuming different amounts of sugar on the health of rats is an in-vitro experiment
 - D. All of the choices are correct
31. Which of the following periodicals features peer-reviewed articles?
- A. *Journal of the American Medical Association*
 - B. *American Journal of Clinical Nutrition*
 - C. *Nutrition Reviews*
 - D. All of the choices
32. The government agency that enforces consumer protection laws by investigating false or misleading health-related claims is the
- A. Competition Bureau Canada
 - B. Environmental Protection Agency (EPA)
 - C. Agricultural Research Service (ARS)
 - D. Centers for Disease Control and Prevention (CDC)
33. Actress Lotta Talent appears in commercials endorsing the herbal supplement hoodia for weight loss. Her endorsement is an example of a(n)
- A. Unbiased report
 - B. Scientifically valid claim
 - C. Anecdotal reference
 - D. Testimonial

34. The professional football star Andre "The Man" McGraw claims the dietary supplement AminoProFix helped him build muscle mass quickly and safely. His endorsement of the product is an example of
- Unbiased reporting
 - A scientifically valid claim
 - A testimonial
 - Peer review
35. Which of the following web sites is most likely a source of biased and unreliable nutrition information?
- www.purdue.edu
 - www.nutrition.com for healthy bodies
 - www.eatright.org
 - www.mypyramid.gov
36. A popular fitness magazine has an article about the health benefits of high-fiber diets. If the article's author has the credentials _____ after his or her name, the article is likely to be a reliable source of nutrition information
- R.D.
 - Ph.D.
 - D.N.
 - M.D.
37. A popular women's health magazine has an article about the health benefits of consuming calcium-rich foods. If the article's author has the credentials _____ after his or her name, the article is likely to be a reliable source of nutrition information.
- D.N.
 - Ph.D.
 - R.D.
 - M.D.
38. Which of the following statements is false?
- The Internet is generally a reliable source of nutrition information because information posted at web sites has been peer-reviewed
 - A placebo is a fake treatment
 - When evaluating claims for dietary supplements, be wary of products that include promises for quick remedies
 - In general, personal web sites, such as blogs, are not reliable sources of nutrition information
39. Which of the following statements is true?
- The majority of testimonials for weight loss supplements are based on scientific evidence
 - In general, a commercial (*.com) Internet web site is a more reliable source of scientifically based health advice than a *.gov or an *.org site
 - An "in-vitro" experiment is one that is conducted on parts of living organisms, such as cells
 - None of the choices are correct
40. Which of the following statements is false?
- Americans can expect new dietary advice regularly because nutrition is a dynamic, evolving science
 - A single-blind study is one in which neither the participants nor the researchers are aware of who is receiving the placebo or the experimental treatment
 - The R.D. Credential is legally protected
 - All of the choices are correct
41. Articles that appear in _____ have undergone peer-review.
- Journal of the American Dietetic Association
 - Journal of the American Medical Association
 - Journal of Nutrition
 - All of the choices

42. The Journal of Nutrition and the Journal of the American Dietetic Association are likely to be sources of reliable nutrition information because
- Many public libraries subscribe to them
 - People with Ph.D.s are hired to write articles published in these journals
 - Their articles have undergone peer-review before they are published
 - All of the choices are correct
43. A magazine article about weight loss diets includes false information about the process of digestion that uses scientific-sounding terms to make it seem factual and obtained by scientific methods. The faulty information is an example of
- Mislabeled
 - Bias
 - Pseudoscience
 - None of the choices
44. An advertisement for a weight loss product includes _____, indicating that the ad is an unreliable source of nutrition information and the product is likely to be worthless.
- The statement that individual results may vary
 - Promises of a quick and easy path to weight loss
 - Vague, meaningless terms
 - All of the choices
45. In Canada, _____ investigates complaints about false or misleading health claims that appear in food advertisements.
- World Health Organization
 - U.S. Department of Agriculture
 - American Dietetic Association
 - Competition Bureau Canada
46. Which of the following statements is true?
- People who describe themselves as nutritionists are registered dietitians
 - In general, registered dietitians are reliable sources of nutrition information
 - Pseudoscience is the practice of medicine without proper training and credentials
 - In the United States, a person can obtain a Ph.D. Only by graduating from an accredited institution of higher learning
47. A person claims his newly invented device treats cancer without surgery, medication or other forms of conventional medical therapy. However, people who have used the device report that it was not helpful, and it may have harmed them. According to this information, the inventor's claims and his device are
- Intuitive
 - Unbiased
 - Quackery
 - Legal
48. Which of the following statements is true?
- Scientists follow the Medical Research Council of Canada guidelines when performing research involving humans
 - Pseudoscience is the scientific study of the causation and treatment of chronic diseases
 - In the United States, only registered dietitians can provide nutrition information legally
 - To maintain their certification, registered dietitians are not required to update their knowledge of nutrition and dietetics regularly
49. During a television interview, Theresa provides the following statement. "I lost 15 pounds using this product for 10 days." Theresa's statement is an example of a(n):
- Medical hypothesis
 - Testimonial
 - Intuitive deduction
 - Personal observation

50. A magazine advertisement for a weight loss product includes before and after photos of a woman who supposedly lost 50 pounds in 3 weeks while taking the product. The bottom of the ad includes the statement, "Results are not typical." This statement is an example of a(n)
- A. Testimonial
 - B. Anecdote
 - C. Placebo
 - D. Disclaimer
51. A television advertisement for a protein supplement includes before and after photos of a young man. In the "before" photo, the man appears unhappy and slim, but he looks thrilled and very muscular in the "after" photo. The narrator claims the man gained 30 pounds of "solid muscle" while taking the supplement for only 2 months. At the bottom of the man's after photo, you notice a statement in small print that is difficult to read. According to the statement, "results may vary." This statement is an example of a
- A. Disclaimer
 - B. Placebo
 - C. Peer-review
 - D. None of the choices

2 Key

1. (p. 31) A group of registered dietitians is planning to conduct a scientific study to investigate the effects of eating honey on school-age children's behavior. At first, the researchers will
- A. Analyze the hypothesis
 - B. Make observations**
 - C. Identify relationships between variables
 - D. Gather data

Course SLO: 4
Learning Objective: 2
Schiff - Chapter 02 #1

2. (p. 35) A group of scientists conducts a scientific study to investigate dietary factors that influence the development of obesity. Which of the following activities is not likely to be a component of their research efforts?
- A. Making observations and formulating a hypothesis
 - B. Submitting an article describing the study to a peer-reviewed journal
 - C. Posting findings at the main researcher's Internet web site**
 - D. Collecting data and analyzing results

Course SLO: 4
Learning Objective: 2
Schiff - Chapter 02 #2

3. (p. 35) Researchers at a major American university plan a scientific study to investigate lifestyle factors that contribute to heart disease. Which of the following activities is likely to be a component of their research efforts?
- A. Obtaining FDA and FTC approval to conduct research on human subjects
 - B. Submitting an article describing the study to a peer-reviewed journal**
 - C. Posting significant findings at the main researcher's Internet web site
 - D. None of the choices

Course SLO: 4
Learning Objective: 2
Schiff - Chapter 02 #3

4. (p. 32) Scientists enroll 500 healthy adults in a study and collect dietary and other lifestyle information about the group. After 6 years, the scientists determine that study participants who ate at least 5 servings of fruits and vegetables daily were less likely to develop high blood pressure than participants who ate fewer than 5 servings of these foods daily. This study is an example of a(n) ____ study.
- A. Prospective**
 - B. Nutritive
 - C. Retrospective
 - D. Introspective

Course SLO: 4
Learning Objective: 2
Schiff - Chapter 02 #4

5. (p. 32) Over a 2-year period, a scientist records the eating behaviors and physical activity patterns of a group of 8-year-old children to determine whether these factors are associated with weight gain. This study is an example of a(n) ____ study.
- A. Case-control
 - B. Retrospective
 - C. Prospective**
 - D. In-vitro

Course SLO: 4
Learning Objective: 2
Schiff - Chapter 02 #5

6. (p. 32) A group of nutrition researchers interviews 100 adults who have chronic high blood pressure to determine whether there is an association between consuming diets low in calcium during adolescence and developing high blood pressure in adulthood. This study is an example of a ____ study.
- A. Case-control
 - B. Retrospective**
 - C. Prospective
 - D. Macrosomatic

Course SLO: 4
Learning Objective: 2
Schiff - Chapter 02 #6

7. (p. 32) A group of nutrition researchers interviews 350 young adults who have eating disorders to determine whether there is an association between having extremely stressful experiences during preschool years and developing eating disorders during adolescence. This study is an example of a(n) ____ study.
- A. Case-control
 - B. Experimental
 - C. In-vitro
 - D. Retrospective**

Course SLO: 4
Learning Objective: 2
Schiff - Chapter 02 #7

8. (p. 31) Scientists who investigate lifestyle factors that influence the prevalence of obesity among different population groups are conducting a(n) ____ study.
- A. Epidemiological**
 - B. Technological
 - C. Pathological
 - D. In-vitro

Course SLO: 4
Learning Objective: 2
Schiff - Chapter 02 #8

9. (p. 32) Comparing the dietary practices of individuals who have diabetes to those of individuals who match their characteristics but are healthy is an example of a(n) ____ study.
- A. Anecdotal
 - B. Prospective
 - C. Case-control**
 - D. In-vitro

Course SLO: 4
Learning Objective: 2
Schiff - Chapter 02 #9

10. (p. 31) Researchers compare the dietary practices of 100 individuals who have high blood cholesterol levels to those of 100 individuals who match their characteristics but have normal blood cholesterol levels. This study is an example of a(n) ____ study.
- A. Prospective
 - B. Case-control**
 - C. Anecdotal
 - D. In-vitro

Course SLO: 4
Learning Objective: 2
Schiff - Chapter 02 #10

11. (p. 31) Generally, epidemiological studies
- A. Establish causation
 - B. Prove correlations
 - C. Cannot determine cause-and-effect relationships**
 - D. Involve in-vitro experimentation

Course SLO: 4
Learning Objective: 1
Learning Objective: 2
Schiff - Chapter 02 #11

12. (p. 32) Scientists analyzed the results of a study that examined the effects of eating low-, moderate- and high-fat diets on health. According to the study's findings, diets high in a certain type of fat increased subjects' chances of developing heart disease. This diet is a _____ for the disease.
- A. Hypothesis
 - B. Case study
 - C. Modulator
 - D. Risk factor**

Course SLO: 4
Learning Objective: 2
Schiff - Chapter 02 #12

13. (p. 32) Scientists analyzed the results of a study that examined the effects of eating low-, moderate-, and high-salt diets on health. According to the study's findings, high-salt diets are associated with increased chances of developing heart disease. This diet is a _____ for the disease.
- A. Hypothesis
 - B. Risk factor**
 - C. Modulator
 - D. Case control

Course SLO: 4
Learning Objective: 2
Schiff - Chapter 02 #13

14. (p. 31) Zack takes 500 mg of vitamin C daily. He advises his friends to take vitamin C supplements because, he claims, the vitamin protects him from cold viruses. His claim is an
- A. Experimental risk factor
 - B. Anecdote**
 - C. Introspection
 - D. Evidential hypothesis

Course SLO: 4
Learning Objective: 1
Schiff - Chapter 02 #14

15. (p. 31) Emily has brittle fingernails that crack and split easily. Emily's mother advises her daughter to take gelatin pills 3 times/day, because she has heard the practice strengthens fingernails. The mother's nutrition-related advice is an example of a(n)
- A. Anecdote**
 - B. Double-blind study
 - C. Uncontrolled experiment
 - D. Placebo

Course SLO: 4
Learning Objective: 1
Schiff - Chapter 02 #15

16. (p. 32) Having a control group enables researchers to
- A. Provide specific treatments to participants of the group
 - B. Compare findings of the control group with those of the experimental group**
 - C. Avoid using harmful interventions when testing control subjects' responses
 - D. None of the choices

Course SLO: N/A
Learning Objective: 3
Schiff - Chapter 02 #16

17. (p. 34) Phil is a participant in a study designed to examine the effects of taking a dietary supplement on muscle tissue development. Phil suspects he is in the experimental group, because he is certain his muscles are bigger and stronger as a result of taking the product supplied by the researchers. When the study is completed, Phil learns that he did not receive the dietary supplement. Phil thinks the researchers made a mistake—he is certain his muscle mass increased while he took the supplement. His response to the fake "supplement" is a(n)
- A. Experimental denial
 - B. Testimonial impact
 - C. Unequivocal bias
 - D. Placebo effect**

Course SLO: 4
Learning Objective: 1
Schiff - Chapter 02 #17

18. (p. 41) The host of a radio program makes a "red flag" claim about a nutrition-related product because the claim is generally an indication that the information about the product is unreliable. The radio program host said,
- A. "According to the FDA, this product is a dietary supplement."
 - B. "All ingredients in this product have been scientifically tested."**
 - C. "This product contains sugar and certain artificial color and flavor additives."
 - D. "The ingredients in this product are listed on the label."

Course SLO: 4
Learning Objective: 5
Schiff - Chapter 02 #18

19. (p. 36) A newspaper article in the newspaper reports that drinking two cups of green tea daily reduces the risk of memory loss in older adults. The researchers who conducted the study are employees of a company that packages green tea for sale in the United States. If the scientists' findings were influenced by their personal attitudes, consumers should be wary of the reliability of the findings because of the likelihood of
- A. Research bias**
 - B. Placebo effect
 - C. Wishful thinking
 - D. Statistical error

Course SLO: 4
Learning Objective: 4
Schiff - Chapter 02 #19

20. (p. 36) Bonita is a biochemist for a manufacturer that uses tomato seed extract to make a dietary supplement. According to the results of her research, people who take the dietary supplements do not report a reduction in the number of upper respiratory tract infections they experience, including the common cold. However, Bonita's boss does not encourage her to publish the findings in scientific literature. The boss's lack of enthusiasm for spreading the news about Bonita's research is an example of research
- A. Denial
 - B. Whistleblowing
 - C. Bias**
 - D. None of the choices

Course SLO: 4
Learning Objective: 4
Schiff - Chapter 02 #20

21. (p. 33) Which of the following observations is an example of an inverse correlation?
- A. When members of a population increase their consumption of milk and milk products, their risk of bone fractures decreases**
 - B. As children increase their physical activity level, they are more likely to develop greater muscle mass than children who are less active
 - C. When pregnant women gain more weight than average, they are more likely to give birth to babies who are heavier than average
 - D. None of the choices are correct

Course SLO: 4
Learning Objective: 1
Schiff - Chapter 02 #21

22. Which of the following observations is an example of a positive correlation?
(p. 33)
- A. When members of a population consume fewer fruits and vegetables, their risk of high blood pressure increases
 - B. Children who obtain more physical activity tend to have fewer infections more muscle mass than less physically active children
 - C.** When pregnant women gain less weight than average, they are more likely to give birth to babies who are lighter than average
 - D. None of the choices are correct

Course SLO: 4
Learning Objective: 1
Schiff - Chapter 02 #22

23. Scientists study 200 adults who have type 2 diabetes and 200 adults who have similar characteristics but do not have the disease. For 18 months, the researchers collect lifestyle information on all the study participants. According to the study's findings, the adults with type 2 diabetes were 25% less physically active than their counterparts who did not have type 2 diabetes. This is an example of a(n) _____ study.
(p. 31)
- A. Inverse relationship
 - B. Anecdotal
 - C.** Case-control
 - D. Prospective

Course SLO: 4
Learning Objective: 2
Schiff - Chapter 02 #23

24. A group of scientists suspects certain dietary practices are partially responsible for different rates of hypertension among different populations. To test their hypothesis, the researchers examine data concerning the different population groups' hypertension rates and their past dietary practices. This research is a(n) _____ study.
(p. 31)
- A.** Retrospective
 - B. Case-control
 - C. Prospective
 - D. Hypothetical

Course SLO: 4
Learning Objective: 1
Schiff - Chapter 02 #24

25. Scientists conduct a study in which 100 adults with chronic diarrhea are divided into 2 groups of 50 people. One group is given a supply of yogurt that contains a certain kind of bacteria and the other group is given yogurt that is bacteria free. The study's participants and researchers do not know which group of subjects has the bacteria in the yogurt and which group does not. The scientists instruct the participants to eat the entire 8 ounces of yogurt once a day for a month and record the their bowel habits. This is an example of a(n) _____ study.
(p. 35)
- A. Epidemiological
 - B.** Double-blind
 - C. Uncontrolled
 - D. Hypothetical

Course SLO: 4
Learning Objective: 2
Schiff - Chapter 02 #25

26. (p. 32) A group of researchers wants to determine whether certain dietary factors are associated with the risk of attention deficit hyperactivity disorder (ADHD). The scientists follow a group of 500 healthy newborn babies for 10 years and collect health information as well as dietary practices for each child. At the end of the study period, the scientists analyze the data for correlations between the children's dietary practices and their likelihood of being diagnosed with ADHD. This is an example of a _____ study.

- A.** Prospective
- B. Factorial
- C. Retrospective
- D. Hypothetical

Course SLO: 4
Learning Objective: 2
Schiff - Chapter 02 #26

27. (p. 35) Scientists are conducting research to determine the effects of an herbal supplement on the emotional health of 100 adults. The researchers give 50 subjects pills that contain the herb. The remaining subjects receive pills that look, smell, and taste like the herbal pills but contain no active ingredients. Neither the researchers nor the subjects know whether their pills contain the herb. This is an example of a(n) _____ study.

- A. Epidemiological
- B.** Double-blind
- C. Case-controlled
- D. None of the choices

Course SLO: 4
Learning Objective: 2
Schiff - Chapter 02 #27

28. (p. 34) Researchers are conducting a study to determine the effects of vitamin C on the human immune system. The study involves providing pills that contain vitamin C to one group of human subjects and pills that do not contain vitamin C or other active ingredients to another group of people. The pills that do not contain the vitamin are

- A. Antidotes
- B. Supplements
- C.** Placebos
- D. Probiotics

Course SLO: 4
Learning Objective: 2
Schiff - Chapter 02 #28

29. (p. 34) Researchers are conducting a study to determine the effects of zinc supplements on the human immune system. The study involves providing pills that contain zinc to one group of human subjects and pills that do not contain zinc or other active ingredients to another group of people. The pills that do not contain zinc are

- A. Probiotics
- B. Supplements
- C. Antidotes
- D.** Placebos

Course SLO: 4
Learning Objective: 2
Schiff - Chapter 02 #29

30. (p. 29) Which of the following statements is true?

- A. In the United States, scientists can conduct studies on humans without telling the participants about the risks involved in the research
- B.** Before scientists begin their research, they develop a hypothesis to guide their study
- C. A study that examines the effects of consuming different amounts of sugar on the health of rats is an in-vitro experiment
- D. All of the choices are correct

Course SLO: 4
Learning Objective: 2
Schiff - Chapter 02 #30

31. Which of the following periodicals features peer-reviewed articles?

- (p. 35)
- A. *Journal of the American Medical Association*
 - B. *American Journal of Clinical Nutrition*
 - C. *Nutrition Reviews*
 - D.** All of the choices

Course SLO: 4
Learning Objective: 1
Schiff - Chapter 02 #31

32. The government agency that enforces consumer protection laws by investigating false or misleading health-related claims is the

- (p. 42)
- A.** Competition Bureau Canada
 - B. Environmental Protection Agency (EPA)
 - C. Agricultural Research Service (ARS)
 - D. Centers for Disease Control and Prevention (CDC)

Course SLO: 4
Learning Objective: 6
Schiff - Chapter 02 #32

33. Actress Lotta Talent appears in commercials endorsing the herbal supplement hoodia for weight loss. Her endorsement is an example of a(n)

- (p. 38)
- A. Unbiased report
 - B. Scientifically valid claim
 - C. Anecdotal reference
 - D.** Testimonial

Course SLO: 4
Learning Objective: 1
Learning Objective: 5
Schiff - Chapter 02 #33

34. The professional football star Andre "The Man" McGraw claims the dietary supplement AminoProFix helped him build muscle mass quickly and safely. His endorsement of the product is an example of

- (p. 38)
- A. Unbiased reporting
 - B. A scientifically valid claim
 - C.** A testimonial
 - D. Peer review

Course SLO: 4
Learning Objective: 1
Learning Objective: 5
Schiff - Chapter 02 #34

35. Which of the following web sites is most likely a source of biased and unreliable nutrition information?

- (p. 42)
- A. www.purdue.edu
 - B.** www.nutrition.com for healthy bodies
 - C. www.eatright.org
 - D. www.mypyramid.gov

Course SLO: 4
Learning Objective: 5
Learning Objective: 6
Schiff - Chapter 02 #35

36. A popular fitness magazine has an article about the health benefits of high-fiber diets. If the article's author has the credentials _____ after his or her name, the article is likely to be a reliable source of nutrition information

- (p. 45)
- A.** R.D.
 - B. Ph.D.
 - C. D.N.
 - D. M.D.

Course SLO: 4
Learning Objective: 5
Schiff - Chapter 02 #36

37. (p. 45) A popular women's health magazine has an article about the health benefits of consuming calcium-rich foods. If the article's author has the credentials _____ after his or her name, the article is likely to be a reliable source of nutrition information.
- A. D.N.
 - B. Ph.D.
 - C. R.D.**
 - D. M.D.

Course SLO: 4
Learning Objective: 5
Schiff - Chapter 02 #37

38. (p. 42) Which of the following statements is false?
- A.** The Internet is generally a reliable source of nutrition information because information posted at web sites has been peer-reviewed
 - B. A placebo is a fake treatment
 - C. When evaluating claims for dietary supplements, be wary of products that include promises for quick remedies
 - D. In general, personal web sites, such as blogs, are not reliable sources of nutrition information

Course SLO: 4
Learning Objective: 6
Schiff - Chapter 02 #38

39. (p. 33) Which of the following statements is true?
- A. The majority of testimonials for weight loss supplements are based on scientific evidence
 - B. In general, a commercial (*.com) Internet web site is a more reliable source of scientifically based health advice than a *.gov or an *.org site
 - C.** An "in-vitro" experiment is one that is conducted on parts of living organisms, such as cells
 - D. None of the choices are correct

Course SLO: 4
Learning Objective: 6
Schiff - Chapter 02 #39

40. (p. 35) Which of the following statements is false?
- A. Americans can expect new dietary advice regularly because nutrition is a dynamic, evolving science
 - B.** A single-blind study is one in which neither the participants nor the researchers are aware of who is receiving the placebo or the experimental treatment
 - C. The R.D. Credential is legally protected
 - D. All of the choices are correct

Course SLO: 4
Learning Objective: 6
Schiff - Chapter 02 #40

41. (p. 35) Articles that appear in _____ have undergone peer-review.
- A. Journal of the American Dietetic Association
 - B. Journal of the American Medical Association
 - C. Journal of Nutrition
 - D.** All of the choices

Course SLO: 4
Learning Objective: 6
Schiff - Chapter 02 #41

42. (p. 35) The Journal of Nutrition and the Journal of the American Dietetic Association are likely to be sources of reliable nutrition information because
- A. Many public libraries subscribe to them
 - B. People with Ph.D.s are hired to write articles published in these journals
 - C.** Their articles have undergone peer-review before they are published
 - D. All of the choices are correct

Course SLO: 4
Learning Objective: 6
Schiff - Chapter 02 #42

43. (p. 38) A magazine article about weight loss diets includes false information about the process of digestion that uses scientific-sounding terms to make it seem factual and obtained by scientific methods. The faulty information is an example of
- A. Mislabeling
 - B. Bias
 - C. Pseudoscience**
 - D. None of the choices

Course SLO: 4
Learning Objective: 5
Schiff - Chapter 02 #43

44. (p. 38) An advertisement for a weight loss product includes _____, indicating that the ad is an unreliable source of nutrition information and the product is likely to be worthless.
- A. The statement that individual results may vary
 - B. Promises of a quick and easy path to weight loss
 - C. Vague, meaningless terms
 - D. All of the choices**

Course SLO: 4
Learning Objective: 5
Schiff - Chapter 02 #44

45. (p. 40, 42) In Canada, _____ investigates complaints about false or misleading health claims that appear in food advertisements.
- A. World Health Organization
 - B. U.S. Department of Agriculture
 - C. American Dietetic Association
 - D. Competition Bureau Canada**

Course SLO: N/A
Learning Objective: 6
Schiff - Chapter 02 #45

46. (p. 44, 45) Which of the following statements is true?
- A. People who describe themselves as nutritionists are registered dietitians
 - B. In general, registered dietitians are reliable sources of nutrition information**
 - C. Pseudoscience is the practice of medicine without proper training and credentials
 - D. In the United States, a person can obtain a Ph.D. Only by graduating from an accredited institution of higher learning

Course SLO: N/A
Learning Objective: 6
Schiff - Chapter 02 #46

47. (p. 40) A person claims his newly invented device treats cancer without surgery, medication or other forms of conventional medical therapy. However, people who have used the device report that it was not helpful, and it may have harmed them. According to this information, the inventor's claims and his device are
- A. Intuitive
 - B. Unbiased
 - C. Quackery**
 - D. Legal

Course SLO: 4
Learning Objective: 1
Schiff - Chapter 02 #47

48. (p. 34) Which of the following statements is true?
- A. Scientist follow the Medical Research Council of Canada guidelines when performing research involving humans**
 - B. Pseudoscience is the scientific study of the causation and treatment of chronic diseases
 - C. In the United States, only registered dietitians can provide nutrition information legally
 - D. To maintain their certification, registered dietitians are not required to update their knowledge of nutrition and dietetics regularly

Course SLO: N/A
Learning Objective: 6
Schiff - Chapter 02 #48

49. During a television interview, Theresa provides the following statement. "I lost 15 pounds using this product for 10 days." Theresa's statement is an example of a(n):
- (p. 41)
- A. Medical hypothesis
 - B. Testimonial**
 - C. Intuitive deduction
 - D. Personal observation

Course SLO: N/A
Learning Objective: 5
Schiff - Chapter 02 #49

50. A magazine advertisement for a weight loss product includes before and after photos of a woman who supposedly lost 50 pounds in 3 weeks while taking the product. The bottom of the ad includes the statement, "Results are not typical." This statement is an example of a(n)
- (p. 40)
- A. Testimonial
 - B. Anecdote
 - C. Placebo
 - D. Disclaimer**

Course SLO: N/A
Learning Objective: 5
Schiff - Chapter 02 #50

51. A television advertisement for a protein supplement includes before and after photos of a young man. In the "before" photo, the man appears unhappy and slim, but he looks thrilled and very muscular in the "after" photo. The narrator claims the man gained 30 pounds of "solid muscle" while taking the supplement for only 2 months. At the bottom of the man's after photo, you notice a statement in small print that is difficult to read. According to the statement, "results may vary." This statement is an example of a
- (p. 40)
- A. Disclaimer**
 - B. Placebo
 - C. Peer-review
 - D. None of the choices

Course SLO: N/A
Learning Objective: 5
Schiff - Chapter 02 #51

2 Summary

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